



Camp Long

FALL 2003

SEPT 1 — NOV 30

**Welcome to FALL
at Camp Long
Environmental
Learning Center
in West Seattle.**



Camp Long Environmental Learning Center

"Jewel of the Emerald City" is one of Seattle's BEST KEPT SECRETS. Located in West Seattle, this 68 acre park and environmental learning center offers visitors an opportunity to enjoy nature, hike in the forest, camp overnight in rustic cabins, rock-climb and learn about natural history. Part of Seattle Parks & Recreation Department, Camp Long Environmental Learning Center is the only city park that offers overnight camping. Please come, visit, relax and enjoy nature right here in the city!

The Wonder of Nature Awaits You...

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Camp Long

5200 35th SW, Seattle, WA 98126

phone: (206)684-7434

fax: (206) 684-7435

group program reservations: (206) 684-7479

visit us at <http://seattle.gov/parks/>

email us: camplong@seattle.gov

Check out our website at www.camplong.org

Fall (September — November)

Hours of Operation:

Tuesdays-Sundays 10am –6pm

Holiday Closures:

Labor Day, September 1st, 2003

Veteran's Day, November 11, 2003

Thanksgiving, November 27 & 28, 2003

Camp Long's Fabulous Facilities!

- 10 rustic cabins available for rent.
- Lovely main lodge available to rent for meetings, parties, weddings, reunions, etc.
- Hiking trails, ponds
- Rock & glacier climbing
- Picnic shelters and large camp fire ring

New Classes & Programs For All Ages!

Bring the whole family!

- Backpack Ozette Coastal Loop Trail — A Beach Safari!
- Yoga and Nature Awareness for Seniors
- Nature on Horseback adventures!

Register EARLY for the best choices. Popular classes fill quickly.

Directions To Camp Long

Camp Long is located at 5200 35th Ave. SW in West Seattle. Use Bus route #21 to get here.

By car from I-5 take exit 163 — Spokane St./West Seattle Bridge Exit.

From Hwy 99 So. take West Seattle Bridge exit.

Follow the W. Seattle Bridge to the end (Fauntleroy exit) and turn left (South) onto 35th SW. Continue south about 2/3 of a mile up hill and turn left (east) on Dawson St. (Watch for a brown Camp Long sign on the west side of 35th Ave. SW). Look for the Parks Department "rainbow" Camp Long sign on Dawson & 35th.

Department Administrative Staff:

Ken Bounds, Superintendent, Parks & Recreation
Herbye White, Director, Recreation Support Division
Charles Sablan, Manager, Environmental Learning Centers

Camp Long Staff

Terri Arnold, Supervisor, 684-7415

Jacinta Talamaivao, Administrative Specialist

Roy Amdal, Maintenance Laborer

684-7434

Seattle Parks Naturalists:

Sheryl Shapiro, Longfellow Watershed Educator

233-2046

www.longfellowcreek.org

Sherry Mathers, Group Programs

684-7479

Jeanie Murphy-Ouellette

Hariana Chilstrom

233-2637

Contract Program Naturalists:

Linda Marsh

Rebecca Schroeder

Brian Heerdt

Becca Hardie

Sophia Wheelright

Sandy Beaucage

Renee Devine

David Friedman

David Watness

Volunteers

Sandy Beaucage

Jeanne Wharnsby

Mike Marsh

Laura Tyler

Camp Long Advisory Council

Timothy Lowry, President

Cecelia MacClure, Treasurer

Carol DePelecyn, Secretary

Sandy Beaucage

Andrew Finch



Cover Photo, Jacinta Talamaivao (aka Wonder Woman), our Administrative Specialist, welcomes you to Camp Long.

Wild! Washington Field Trips

Backpack Ozette's Coastal Loop — A Beach Safari

Fri, Sep 12-Sun, Sep 14 8 a.m.-8 p.m.

Come join Seattle Park Naturalists on an easy 3 miles/day backpack trip. We'll explore a level boardwalk through rich marshes, coastal forest and wilderness beach in the Olympic Nat'l Park. Enjoy great low tides of -1.3! Look for giant anemone's, walk amidst colorful constellations of seastars, watch for the playful sea otters, admire Wedding Rock petroglyphs and visit Ozette, site of an ancient Makah village.

Departs from Camp Long on Friday 9/12 at 8am.

Returns to Camp Long on Sunday 9/14 at 8pm.

Ages:Min. Age required is 10. Novices welcome!

Must be able to hike with backpack! Children must be accompanied by an adult.

\$160.00 per person includes transportation, food, naturalist

Pre-registration and full payment due by 9/6.

Trip is limited to eight participants so sign up soon!

Required Pre-trip meeting Sept. 5, 6:00pm at Camp Long!

Instructor:Rebecca Schroeder



The Monte Cristo Railroad

Join a Camp Long naturalist and explore the history of the Monte Cristo Railroad. The railroad was built in 1893 to access the newly discovered riches of gold found in the North Cascades. The railroad traveled from Everett to the town of Monte Cristo at the base of the Monte Cristo Peaks located along the south fork of the Sauk River.

This is a three part tour. You are welcome to sign up for any or all sessions. On the first part (9/13) we will visit the towns of Granite Falls, Robe and Verlot, hiking the old railroad right of way through the tunnels along the Stillaguamish River.

The second part (10/11) will explore the railroad right of way as it climbs into the Cascades. We will see the town of Silverton, old logging camps along the way, visit Big Four Ice caves and pan for gold.

The third part (11/1) will be a hike from Barlow Pass to the old townsite of Monte Cristo. Explore the riches of our native flora and fauna as well as the history of early mining in the Cascades.

Please be prepared to hike. Wear proper shoes, carry a water bottle, first aid kit and extra clothing.

Ages:All ages

\$15.00 for adults, \$10.00 for kids. Pre-

Part I — The Robe Valley

Sat, Sep 13 9 a.m.-5 p.m.

registration is due 9/12.

We'll explore the Robe Valley railroad tunnels.

We will hike approximately 3.5 miles.

Part II — Silverton & Ice caves

Sat, Oct 11 9 a.m.-5 p.m.

Pre-registration is due 10/3.

The town of Silverton and the Ice Caves. We will hike approximately 4 miles.

Part III — Barlow to Monte Cristo

Sat, Nov 1 8 a.m.-5 p.m.

Pre-registration is due 10/31.

The town of Monte Cristo. We will be hiking about 8.2 miles with a side trip of 2 additional miles for anyone interested.

(206) 684-7434



camplong@seattle.gov



www.camplong.org

The Nature of Halloween

Sat, Oct 25 6:30pm-9pm

Join us for Halloween with a special cultural twist. Celebrate **Dia de Los Muertos** (Day of the Dead) with Senior Buhos, a live owl, the giant Seniorita Arana (spider) and a powerful curandera (healer witch). Watch as the skeleton character of Katarina reaches into her amazing Box of Decomposition for slimy creatures that eat the dead. Get a creepy close-up of the bones and teeth of frogs, snakes, turtles and more, then visit a wiggly live reptile. Finally, feast on special treats in a fiesta celebration. Dress warm for a spine-chilling evening outside.



\$10 per person or \$35/group of 4
Pre-registration required by 10/21!
Please call and register for just
one time slot.

Here are your choices: 6:30 pm, 7
pm or 7:30 pm.



Special Events/ Overnights

Camp Long Lecture Series

Thu, Sep 25-Thu, Nov 20

7 p.m.-8 p.m.

Fall is a great time for slowing down the pace of our lives and opening up our minds... Come to Camp Long and relax as you hear interesting and informative lectures/performances from local musicians, authors and storytellers.

Your attendance will help support Camp Long's Scholarship Fund. Here's a line-up of Fall guests:

September 25:

Local Native American flute player and recording artist, **Gary Stroutsos**, will perform pieces from his newly released compact disc "Echoes of Canyon De

Chelly" and share insights about his art and inspiration.

October 16

Local author, **Kathryn True**, co-author of the newly released "Nature in the City — Seattle" will take us on a walk using her slide show and unique knowledge of our local parks.

November 20

Local author and butterfly expert, **Clair Hagen-Dole**, will share information from her newly released "The Butterfly Gardener's Guide."

\$5.00 Books & CD's by local special guests available

Pre-registration and payment due by 2nd Friday of each month.

Camp Long's Fall Booksale Fundraiser

Sat, Nov 15

Help Support Camp Long's Scholarship Fund

Camp Long needs your "previously owned" or new books! We're calling for all books, videos, tapes, prints, cd's, or magazines related to nature, environmental education, environmental stewardship, gardening, permaculture, arboriculture, astronomy, botany, science, etc..

Donations will be accepted throughout the fall — the sale will occur Saturday, November 15. 9a.m.-4p.m.

Donate your books for a good cause — the program scholarship fund at Camp Long! This fund will help cover the costs of programs or field trips for low income community members — please help!

Volunteers gladly accepted!!



(206) 684-7434

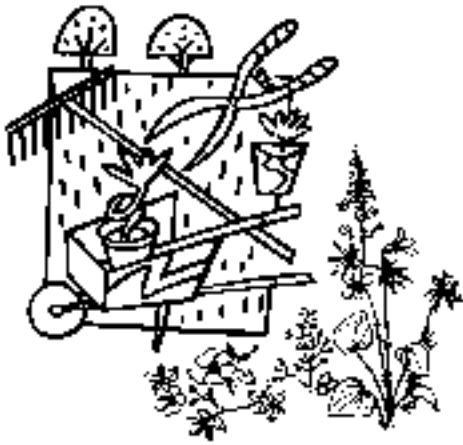


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Special Events/ Overnights



Camp Long Environmental Learning Center Design Contest

Mon, Sep 1-Sat, Nov 1

Design Contest Underway at Camp Long through November 1st — ACT NOW!

Camp Long Environmental Learning Center seeks a design for our north meadow! If you are interested in participating in this exciting opportunity, you can pick up an information packet at Camp Long's reception desk.

The packet will include design criteria, desirable garden elements, plot dimensions, and instructions for completion. One winner and one runner-up will be selected by a panel of judges made up of Camp Long naturalists, an interpretive specialist, a community member, an advisory council member and a landscape design professional.

The winner will receive a package of prizes worth approximately \$300 in addition to a personalized plaque in the completed garden.

Camp Long's Advisory Council will apply for a Neighborhood Matching Fund grant to install the garden according to design in 2004.

Camp Out for Guys Only!

Fri, Oct 3-Sat, Oct 4 7 p.m.-11 a.m.

This is a camp out for just the guys! Fathers and sons as well as any boy ages 7 and up are invited to attend whether accompanied by a male adult or not. We will be doing guy stuff like sleeping in tents, going on a nocturnal walk and telling stories around the campfire. We will be cooking breakfast the next morning and going climbing. Please bring a sleeping bag, change of clothes, and dress for the weather.

Ages: Ages 7 and up
\$16 per boy, \$23 for male adult and boy

Fee: \$16.00 per child, \$23.00 for parent with child. **Registration deadline September 26, 2003.**



Camp Out for Girls Only

Sat, Oct 11-Sun, Oct 12 7 p.m.-11 a.m.

This is a camp out for just the girls. Why should the guys have all the fun? Mothers and daughters are welcome as well as any girl, ages 7 and up, whether accompanied by a female adult or not. It will be like a slumber party only with an emphasis on nature. We will be hiking, telling stories around a campfire and sleeping in cabins. The next morning we will fix our own breakfast and have a chance to glacier climb. Please bring a sleeping bag, a change of clothes and dress for the weather.

Ages: Girls ages 7 and up with or without female adult

\$16 per girl, \$23 for female adult and girl

Pre-registration and payment due by 10/3/03.



Nature on Horseback Series



FALL Woodland Waterfall Ride

Sat, Sep 27 9 a.m.-4:15 p.m.

Travel through bright Fall colors into the Cascade Foothills on peppy, well trained saddle horses. Enjoy a refreshing day on woodland trails where deer and other wildlife roam. Ride to a beautiful waterfall and pool to explore the natural beauty that surrounds us. This 4+ hour ride is for experienced, intermediate riders who are comfortable with trotting and cantering. Space is limited to 8 riders so sign up now.

Ages: Adults and families with children 11 and up. (1 adult per 2 children please)

\$70.00 Fees include transportation, riding instruction, horse, Trail Guide, storytelling, snack, and nature activities. Ride is limited to 8 riders so sign up soon! *Some partial scholarship support available in trade for volunteer work at Camp Long.

Pre-registration and full payment is due by Sept. 23. Bring lunch and beverage.

Camp Berachah Forest Ride

Sat, Oct 4 10:30 a.m.-5:45 p.m.

This is a nice trip for nature lovers who are beginning riders. Start your afternoon with lunch at Camp Berachah, then enjoy a gentle ride through beautiful forests. After your 1 1/2 hour ride stretch your muscles on a nature walk and explore aquatic life at Covington Creek. Berry picking and snacking is an added treat on this Fall horse adventure.

Ages: Adults & families with kids 7 or older

Adults \$46, children \$41. Fees include:

transportation, lunch, horse, riding instruction, trail ride, nature activities and snack.

Pre-registration and full payment due by 9/26/03. Space is limited to 14 riders so sign up soon!

Fall Color Highlands Ride

Sun, Oct 19 8:45 a.m.-5:45 p.m.

Immerse yourself in a forest of fall colors as you ride your peppy, well-trained trail horse. Travel on long abandoned logging roads through forests and Elk habitat, up to the highlands. Scenic views of Mt. Si, Tiger Mountain Pass and the Cedar River Watershed will fill your eyes with Fall's beauty. Come on Cowpokes, enjoy nature on horseback!

Ages: Adults and Teens. This 6 hour ride is for experienced, intermediate riders comfortable with trotting and cantering.

\$85.00 Fees include transportation, riding instruction, horse, Trail Guide, storytelling, snack, and nature activities. Ride is limited to 8 riders so sign up soon! *Partial

scholarship support available in trade for volunteer work at Camp Long.

Pre-registration and full payment due by Oct. 14. To register call (206) 684-7434 or email camplong@seattle.gov Bring a lunch and beverage.



(206) 684-7434



camplong@seattle.gov



www.camplong.org

Naturalist Strolls

Schmitz Park Secret Forest

Thu, Sep 11 10 a.m.-11:30 a.m.

Hike among the giant native trees of Schmitz Park. Learn the secrets of a forest through those that depend on it- birds, mammals, insects...Leave the city behind as you explore one of Seattle's most marvelous forests.

Ages: Adults and children 5 years and up
\$2.00

Fee: \$2/person

Adults and children 5 years and older.

Pre-registration required by 9/2.

Meet at the entrance to Schmitz Park at 5551 SW Admiral Way. (Admiral and Stevens)

Stroll Around the Pond

Thu, Sep 25 10 a.m.-11:30 a.m.

Take a walk with a naturalist in the area around Pollywog Pond to locate native plants, listen to bird calls and enjoy the seasonal changes. Then pick up nets and dip into the pond to search for salamanders, dragonfly babies and other aquatic creatures. When your buckets are full, you can empty them into trays and use magnifiers to identify our wiggly, wonderful creatures.

Ages: adults and families with children 6 and up; please no more than 2 children per adult.

\$2.00 Pre-register by Sept. 18.

Instructor: Haryana Chilstrom

Stroll around Roxhill Bog

Thu, Oct 2 10 a.m.-11:30 a.m.

Discover the fascinating history and restoration of one of the few bogs in the city of Seattle. Walk around the bog with a naturalist and learn about some of the plants and animals that live here.

Ages: adults and families with children 6 years and up; please no more than 2 children per adult.
\$2.00 Pre-register by Sept. 25.



Stroll Through Fall

Thu, Oct 16 10 a.m.-11:30 p.m.

Enjoy a fall morning along Camp Long trails. Join us as we hunt for salamanders under fallen bark, beetles under rocks, bushtit nest in native bushes and much more.

Ages: Adults and families with children 6 and older; please no more than 2 children per adult.
\$2.00 Pre-register by Oct. 9.

Rainy Day Stroll

Thu, Nov 6 10 a.m.-11:30 a.m.

Got the rainy day blues? Let's celebrate the rain in this wet and wonderful walk through the forest of Camp Long. See why rain and the Pacific Northwest go hand in hand.

Ages: Adults and children 5 years and up
\$2.00

Preregistration required by November 3rd.

Adults and children 5 years and up.



Sensory Stroll Through Fall

Thu, Nov 20 10 a.m.-11:30 a.m.

Join a naturalist for tree hugging, bark rubbing and leaf loving along Camp Long trails. Experience the fragrances, textures and patterns of fall and then use oil pastels to create beautiful rubbings of tree bark and leaves on colored papers.

Ages: Adults and families with children 6 and up; please no more than 2 children per adult.
\$2.00 Pre-register by Nov. 13.

Instructor: Haryana Chilstrom

Nature Programs for Seniors



Beginning Yoga and Nature Awareness for Seniors

Mon, Sep 15-Mon, Oct 6 10 a.m.-12:15 p.m.

Yoga is the union of mind, body and spirit. Combine a gentle yoga practice with a relaxing walk in nature to achieve the utmost in relaxation and harmony. Emphasis will be on gentle stretching and breathing, and awareness of the natural world.

Pre-registration required by Friday previous to each class.

Bring an exercise mat and bag lunch if you'd like to picnic after the program.

Ages:Seniors

\$6/class, \$10 for both classes

Pre-registration and payment due the Friday before each session.

Monday September 15 and

Monday October 6

Instructor: Naturalist

Dip into the Pond

Fri, Sep 19 12:30 p.m.-2:30 p.m.

Join us to discover the amazing underwater world of Pollywog Pond. Using nets and buckets, we will dip into the pond and then use magnifiers and microscopes to examine our catch of baby dragonflies, beetles, salamanders and other aquatic creatures. You'll never look at a pond the same way again!

\$5.00

Pre-register by September 12.

Instructor: Haryana Chilstrom

Life in a Pond

Thu, Oct 9 12:30 p.m.-2:30 p.m.

Pollywog Pond, one of Camp Long's many natural wonders, is filled with amazing life. Discover a different world of animals full of fascinating adaptations. Using magnifiers and microscopes, see everything from dragonfly nymphs with extendable jaws for grasping prey, to diving beetles with their own air tanks. You'll never look at a pond the same way again!

Ages:seniors

\$5.00 Pre-register by Oct. 2.

Discovering Native Ways

Thu, Oct 16 12:30 p.m.-3:30 p.m.

Native plants provided Northwest Coast Indians with everything from food, medicine, and tools — to clothing and shelter. Learn to identify our precious native plants and the many uses that have been passed down through generations. In this hands-on class there will be many examples, and you may make your own rope from nettle.

Ages:Seniors

\$7.00

Preregistration required by October 10th.



Nature of Halloween for Seniors

Thu, Oct 23 12:30 p.m.-3:30 p.m.

Bats and Spiders and Owls — Oh My! Dispel the scary myths of these wondrous creatures. Learn about their lifestyles — see where owls nest, bats cruise and feed, and where spiders spin their glorious webs. Then carve pumpkins into the Halloween animal of your choice.

\$7.00

Preregistration required by October 14th.

(206) 684-7434



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www.camplong.org

Weekend Naturalist Series



Lincoln Park Fall Display

Sat, Sep 20 10:30 a.m.-12 p.m.

Come join a Camp Long naturalist for a stroll through Lincoln Park. We'll learn about fall changes and look for eagles amongst the trees on the bluff. Then we'll walk along the beach looking for sea lions, identifying birds, and watching the gorgeous orb spiders weave their webs. Meet at the farthest South parking lot.

\$5.00 Pre-register and pay by 9/19.

Fall Mushroom Walks

Come stroll through Camp Long and learn about native Northwest mushrooms and fungi. We will discuss their ecology as well as their unique attributes.

Fall Mushroom Walk I

Sat, Oct 18 2 p.m.-3:30 p.m.

Ages: All Ages

This is a free program with a donation to Northwest Harvest.

Please call to let us know if you plan on attending by October 11, 2003 for the first session and November 1, 2003 for the second session.

Fall Mushroom Walk II

Sat, Nov 8 2 p.m.-3:30 p.m.

This is a free program with a donation to Northwest Harvest.



Nature Classes

Bugs go to School

Sat, Oct 4 10 a.m.-12 p.m.

Would you love to have an insect zoo in your classroom? Learn from an experienced bug-wrangler how to obtain and maintain crickets, crayfish, caterpillars and other critters. This hands-on class includes illustrated instructions for creating healthy habitats using recycled materials and commercial cages. Excellent for teachers and students of home-schools and private and public schools.

Ages: Adults and families with children 7 years and up.

\$10 per adult includes comprehensive resource material. \$5 per child accompanied by an adult.

Pre-registration required by Sept. 27.

Instructor: Haryana Chilstrom



Teaching with Insects

Sat, Oct 4 1 p.m.-3 p.m.

Insects are the perfect animals to catalyze learning in the classroom. Discover how to use children's enthusiasm for bugs and spiders to teach concepts in several subject areas. K-8th grade home-school, public and private teachers will take home curricula and activity ideas, and a list of materials and

information resources. Both adults and children will get tips on drawing and constructing anatomically accurate insect creations, and learn how to create colorful interactive props. This class is especially suited to home-school teachers and students.

Ages: Adults and children 7 and up accompanied by an adult.

\$10 fee for adults includes all materials; \$5 fee for children.

Fungi with a fun Gal and Guy

Come explore the world of mushrooms at Camp Long with a mycologically minded woman and man. We will look at a variety of edible and non-edible species and learn about their ecology. We will have a chance to sample edible ones and create a mycological craft. Two Sessions: The first session on October 18th, is at Camp Long and the second session November 8th, will be at Hamlin Park.

Session I

Sat, Oct 18 10 a.m.-12:30 p.m.

Ages: All Ages

\$5.00 Please pre-register by October 11.

Session to be held at Camp Long

Session II

Sat, Nov 8

10 a.m.-12:30 p.m.

\$5.00 Please pre-register by November 1, 2003 for session II.

Session to be held at Hamlin Park. Hamlin Park is located at 160th and 15th Ave. N.E.



Container Gardening with Native Plants

Sat, Nov 15 9:30 a.m.-12:30 p.m.

It is the hottest trend. If lack of space is limiting your gardening potential, come learn about container gardening techniques. We will discuss appropriate plants for containers, watering, sun exposure, year around interest and the best types of containers to achieve the look you desire. All participants will have the opportunity to plant their own container

garden and take it home with them.

Ages: Adults
\$35 covers cost of class and materials

Registration Deadline November 8, 2003.



Art and Science Classes

Draw Near to Nature

Sat, Sep 13 10 a.m.-12 p.m.

Would you like to draw your favorite scene in nature but don't know where to start? Learn how to simplify the details of a natural scene, compose a design and create a finished drawing. The artist instructor will provide a sampling of drawing tools to experiment with, but please bring your own large drawing pad and any favorite tools.

Ages: Adults and families with children 7 and up; please no more than 2 children per adult.

\$7.00 Pre-registration required by 9/8

Instructor: Haryana Chilstrom



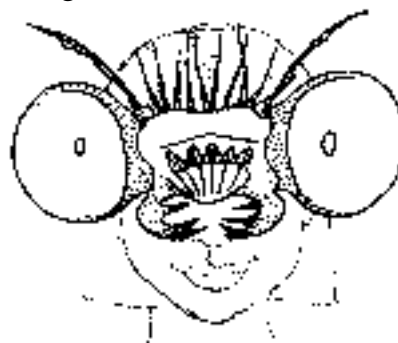
Bug Mugs and Frog Faces

Sat, Oct 18 10 a.m.-12 p.m.

Get ready for Halloween with your own 3-D mask! You can become a beautiful red-legged frog, a ferocious water-strider, a friendly fox or another creature from the wilds of Camp Long. Learn to create comfortable, strong, paper masks with pop-out eyeballs, wiggly antennae and other fun features. You will go home with a cool mask to wear when you go out trick-or-treating.

Ages: 7 and up
\$10.00

includes all materials. Pre-registration required by Oct. 11.



(206) 684-7434



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Art and Science Classes

Roll Your Own

Sat, Nov 1 1 p.m.-3 p.m.

Would you like to make your own beautiful beads without spending a small fortune or using an oven? Discover the 18th Century craft of rolled paper bead construction using recycled gift wrap, magazines and decorated papers created in this class. We will use leaf prints and other techniques to create decorative surfaces. You will take home beautiful finished beads, patterns for several bead styles and comprehensive illustrated instructions. Ages 8 and above; good finger dexterity required.

\$10.00 Fee includes all materials and illustrated instructions. Pre-registration required by Oct. 25.

Pre-register by October 25



Wrap It Up!

Sat, Nov 1 10 a.m.-12 p.m.

Have fun while you create your own fabulous wrapping papers from paper bags, newspapers and other recycled materials using acrylic paints, tree bark rubbings, leaf prints and monoprint techniques. Learn simple methods to fold and cut your gorgeous papers into unique and fanciful containers for your holiday gifts. Instructor is a professional artist and naturalist.

Ages: Adults and children 7 and up.

\$10.00 Fee includes all materials and supplies.

Pre-registration required by Oct. 25.



Nature Prints

Sat, Nov 22 10 a.m.-12 p.m.

Make some beautiful holiday gifts by printing on fabric and paper with shells, leaves, fish and other natural and unnatural objects. Bring plain, light colored tablecloths, napkins, fabric, clothing or fancy paper to decorate. **Wear old clothes**

Ages: Adults and children ages 6 & up with adult
\$10.00 Fee includes all paints and fixative. Pre-register by Nov. 15.

Tot Walks

FALL Tot Walks

Dates and times as noted

Explore the wonders of nature with your little ones. Discover life in the forest, pond, meadow and beach. Be sure to dress for the weather and wear boots that can get wet and muddy! We will go outside! If the weather is nasty, we will spend some time inside making nature crafts. Meet at Camp Long.

Instructor: Sandy Beaucage.

Ages: Adults with tots 2 to 5 years old. No more than 2 tots per adult please.

\$5 adult, \$3 child.

TOT WALK #1 Thurs, Sep 11 10:30 a.m.-11:30 a.m. Pre-register by noon on Sept. 10.

\$5 adult, \$3 child.

TOT WALK #2 Thurs, Sep 25 10:30 a.m.-11:30 a.m. Pre-register by noon on Sept. 24.

\$5 adult, \$3 child.



TOT WALK #3 Thurs, Oct 9 10:30 a.m.-11:30 a.m. Pre-register by noon on Oct. 8.

\$5 adult, \$3 child.

TOT WALK #4 Thurs, Oct 23 10:30 a.m.-11:30 a.m. Pre-register by noon on Oct. 22.

\$5 adult, \$3 child.

TOT WALK #5 Thurs, Nov 6 10:30 a.m.-11:30 a.m. Pre-register by noon on Nov. 5.

\$5 adult, \$3 child.

TOT WALK #6 Thurs, Nov 20 10:30 a.m.-11:30 a.m. Pre-register by noon on Nov. 19.



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Longfellow Creek Programs

Art and Education along the Legacy Trail

Calling all lovers of art and nature (amateurs and professionals!) to explore and develop ways of learning about the creek through art and signage along the Legacy Trail.

Contact Sheryl at 233-2046 or sheryl.shapiro@seattle.gov

Please call for dates and location.

Instructor: Education Committee

Longfellow Creek Legacy Trail

10 a.m.-2 p.m.

Join in creating and caring for segments of Legacy Trail! We are currently working on the site at SW thistle St., next to Chief Sealth HS with a new P-Patch, Sensory Garden and Outdoor classroom underway. High School community Service credit available.

Ages: All ages welcome. Children under 14 must be accompanied by an adult.

Free

Call Sheryl at 233-2046 for more information.

Monthly, 3rd Saturday of the month: Sept 20, Oct. 18, Nov. 15, Dec. 20

Instructor: Sheryl Shapiro and community stewards

Longfellow Creek Watershed Council

6:45 p.m.-8:30 p.m.

Meeting of community members interested in the protection and improvement of Longfellow Creek and its surrounding neighborhoods. Current discussions include the potential Monorail impacts in the watershed.

Please contact Sheryl at 233-2046 or at sheryl.shapiro@seattle.gov for more information.

Also check out www.longfellowcreek.org

Usually 1st Tues. of the month with special meetings, as needed. Contact Sheryl at 233-2046 or sheryl.shapiro@seattle.gov for location and more info.

Instructor: Sheryl Shapiro

Memories and Photos of Longfellow Creek

Share your memories and photos of Longfellow Creek and its surrounding neighborhoods of Delridge and Westwood! This is an on-going effort, with already 25 interviews completed. We are gathering information for a historical presentation and/or exhibit for the community.

Please contact Sheryl at 233-2046 or at sheryl.shapiro@seattle.gov for more information

NEW Longfellow Creek TRAIL MAP

New Longfellow Creek Trail Map is now available to guide on a three mile stroll or shorter walks.

Please contact Sheryl at 233-2046 or sheryl.shapiro@seattle.gov to request a copy and/or to schedule a tour for your group.

Free



Longfellow Creek Programs

Roxhill Bog

10 a.m.-2 p.m.

Help in the on-going restoration of the bog and see the wonderful growth of plants and diversity of wildlife in the ponds!

2nd Saturdays of the month: Sept. 13, Oct. 11, Nov. 8, Dec. 13

Contact Mary at 938-1318 for more information.

Instructor:Community stewards

Delridge History Week

Mon, Oct 6-Mon, Oct 13

Celebrate and be part of neighborhood history!
Walking tours, exhibits, reunions and more!

Free

For more information contact Sheryl at 233-2046 or sheryl.shapiro@seattle.gov

Instructor:Community members and organizations

Stewardship Opportunities



Camp Long ELC Advisory Council Opportunity

Wed, Sep 10-Wed, Dec 10

Are you looking for a way to volunteer in your community?

Camp Long is seeking individuals from the SW or SE Seattle community who are interested in serving as an advisory council member to Camp Long ELC.

Currently, Camp Long's Advisory Council is made up of six individuals, we would like to add more diversity to the council by adding people of cultural backgrounds, seniors and youth and teens.

The advisory council meets once per month for two hours (7 — 9 p.m.) on the second Wednesday of each month in the Camp Long lodge.

In general, the council works with Parks Department staff by indentifying programs, projects, and fundraisers to benefit Camp Long's mission of environmental education, stewardship and justice.

For more information, please contact: Terri Arnold, Education Program Supervisor at 684-7415 or Timothy Lowry, Council President at 937-5380.

Meeting Schedule:

September 10

October 8

November 12

December 10

(206) 684-7434



camplong@seattle.gov



www.camplong.org

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Stewardship Opportunities



Get Out! Removing Invasives from Camp Long

Sat, Sep 6-Sat, Dec 6 10 a.m.-12 p.m.

Looking for High School Service Learning credits?

Need to collect Community Service hours?

Have extra time for outdoor volunteer work?

Well...we have invasives for you! We want to

preserve Camp Long's pristine environment by removing the invasive species that move in and take over native habitat. Come out to Camp Long and join our "Get Out Team" to remove holly, laurel and ivy before it's too late! We'll remove the invasives now and replace with natives in the Fall. Be part of this worthwhile restoration project and feel good about your contribution to environmental stewardship. We'll meet the first Saturday of each month at 10 a.m., work until noon and call it a day!

Instructor: Camp Long Staff

Announcing the formation of "Friends of Schurman Rock"

Schurman Rock is OPEN!

Hello and Happy Fall! All of us here at Camp Long are so excited that Schurman Rock is wonderfully restored and is now re-opened! We are busy preparing ourselves to offer premier programs and education for all levels of climbers. In order to fulfill our endeavors to provide the Seattle community with continued activities connected to Schurman Rock we want to include the community. The best way to provide inclusion is the formation of "Friends of Schurman Rock" a fund that will accept donations and in turn purchase climbing equipment, provide funds for program development and provide money to pay our expert naturalist trained in rock climbing and outdoor adventure.

If you would like to become a "Friends of Schurman Rock" member please contact Terri Arnold at (206) 684-7415 or email her at terri.arnold@seattle.gov Give her your address and she will put you on the mailing list for future newsletters and news flashes! Thank you for your support of Schurman Rock!



Donation for Friends of Schurman Rock

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

DONATION AMOUNT: \$ _____

Send your donations to:
Camp Long Environmental
Learning Center
5200 35th Ave SW
Seattle, WA 98126

THANK YOU! For your support of
Schurman Rock

Night Parties

*Design your own
Nature Night Party!*

The nightlife is wild at Camp Long!

Experience Nature at Night . . . Rent a cabin and hire a Naturalist

Round up your family and friends and rent a *cozy* Camp Long cabin! Enjoy a crackling campfire at your cabin. Then venture out into the night with our Naturalists. Look for flying squirrels, keep your eyes peeled for wily red foxes, hunt for salamanders and listen for owls.

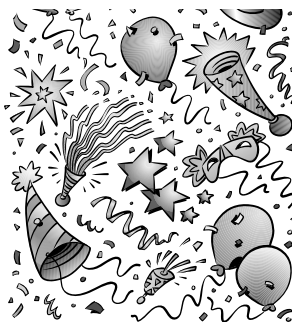
- Night hikes through the forests
- Campfire stories and sing-a-longs
- Owl prowls and *pellet dissections

Naturalist programs are 1 ½ hours long and cost \$65 for 15 people. * Owl prowls with pellet dissections cost \$25 more to cover the cost of the owl pellets. Program confirmation is based on Naturalist availability. **Call (206) 684-7479 to make special arrangements.**

Rustic cabins can sleep up to 12 people. Cabins have lights, running water, picnic table, stone fire stove and private campfire ring. Rental includes nearby hot showers and kitchen use. Cabins are \$35 per night. **Call (206) 684-7434 to make cabin reservations.**



Camp Long Birthday Parties!



Celebrate your child's birthday in the great outdoors with a Camp Long Nature Party!

*Cakes from
Borracchini's bakery!
Homemade ice-cream
from Husky Deli!*

*Fee: \$150 for up to
15 kids. Includes nature program, cake, ice-cream and decorations.*

Choose from these great themes!

Nature Scavenger Hunt

Search the forest and fields for natural treasures, deciphering clues along the way. Collect your treasures and make a collage to take home.

Rock-Glacier Rappelling

Get a birthday thrill by rappelling down Camp Long's rock-glacier. Discover how to tie knots and "learn the ropes" so you can safely descend the giant rock slabs!

Fee: \$150 for up to 8 kids*

Includes use of all climbing equipment, instruction, cake, ice-cream and balloons.

*each child must be over 8 years old and have a signed waiver from their parent.

Hunters on the Wing

How do owls fly silently? Just how good is eagle-eye vision? And how can owls hear mice under the snow? Dissect owl pellets and reconstruct food chains. Hike through the forest searching for roosts and learning owl calls. (Add \$25 for cost of owl pellets)

Pond Party

Each kid gets a net, water container and field microscope to use at Polliwog Pond. Catching grogs, salamanders, waterboatman and ferocious dragonfly nymphs is fun for kids of all ages! Pond critters will be gently returned to pond.

(206) 684-7434



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Camp Long Facility Rental & Reservation Information

Camp Long Main Lodge: A fantastic place to host a party, meeting, workshop or special event. The lodge features a brick fireplace, tall ceiling and has a maximum capacity of 72 people. Twelve 6 foot-long banquet tables and 72 chairs included in rental costs.

Fees: \$45/hr + \$10 booking fee for private events. Add \$15/hr for rentals held after facility is closed. Add \$60 if serving alcohol. Refundable damage deposit of \$250 (or \$500 with alcohol) required.

Payment of fees and deposit required at time of reservation to hold the reservation.

*Ask about lower rates for community sponsored events.

Cabin and Shelter Rentals: Camp Long features 10 rustic outdoor cabins that sleep up to 12 people. We also offer two separate covered shelter areas with picnic tables that are perfect for group events. Reservations for private functions can be made, or ask about special programs offered by Camp Long Naturalists that include overnight cabin use.

Cabin Fees: \$35/night per cabin. \$50 refundable damage deposit required.

Shelter Fees: East shelter with 7 tables \$90/day. West shelter with 5 tables \$70/day.

Rules: Please check with staff on specific rules for cabin/shelter use. Groups are responsible for cleaning up all areas used. No pets or electric heaters allowed.

Payment of fees and deposit required at time of reservation to hold the reservation.

Weddings and Special Events: Check out Camp Long for indoor or combined indoor/outdoor parties, receptions and events. Fees start at \$400 for up to 7 hours of use. Call the Environmental Learning Center at 684-7434 to receive a special brochure and/or information.



Programs for School, After-school & “Scout” Groups

To make reservations for group programs call Camp Long’s Group Reservation number at (206) 684-7479.

Elementary Programs

Grades K-6 Program Length: 1.5 hours

Times*: 10:00-11:30 and 12:30-2:00pm

Each program meets EALRs for grade level

* negotiable

Programs are adapted for each grade

Fee: \$65/15 students (Raptors, Glacier & Watershed Are More) Some scholarship funds may be available for low income people.

Raptors-Hunters on the Wing year-round

How do owls fly silently? Just how good is eagle-eye vision? And how can owls hear mice under the snow? **Dissect owl pellets**, constructing food chains. Hike through the forest searching for roosts and learning owl calls. **\$75**

Discovering Wild Plants year-round

Which animals find stinging nettle delicious? What tree can cure scurvy? How did local tribes use cedar? Learn secrets of plants in a program that grows on you! Program emphasis varies according to EALRs by grade and teacher request.

plant growth, ethnobotany, trees, plant **identification, edible/poisonous plants**
fall leaf color-October only

Incredible Insects May-October

Bizarre, wonderful, and incredibly fascinating insects live right outside your school-door! Learn the weird life stories of beetles, dragonflies, bees, true bugs and all their 6-legged relatives. Students **use butterfly and sweep nets, hand lenses and field microscopes** to catch and identify insects. Bugs will be released, except for a select few that may be taken back to the classroom for further study.

Forest Explorers year-round

From slimy slugs to clever foxes, all life in the forest is inter-dependent. Students explore the forest, learning woodland ecology through **hands-on experiments and discovery**.

Emphasis may be adapted to meet teacher’s needs.

Exploring a Watershed year-round

An exciting all day field trip! Hike the woods to Longfellow Creek exploring life in the forest, pond & salmon stream..

10:00am-1:30pm \$120/15 students

Peering into Polliwog Pond April-October

Delve into the depths of aquatic entomology and discover monstrous dragonfly nymphs, fairy-like mayflies, voracious water bugs and the salamander larvae that eat them. Students will **use nets and field microscopes** to catch and identify pond life, gaining an understanding of developmental metamorphosis of animals and the importance of wetlands.

Birdwatching year-round

Meet our **Corvus**, our live crow– a wild bird up close! Learn about avian characteristics and adaptations for flight. Hike through forest and meadow looking and listening for birds and searching for their nests. Students will learn proper **use of binoculars**, study stuffed bird specimens and learn local bird songs.

Beach Life (low tide days April-August)

Explore the **intertidal zone** at Mee Kwa Mooks beach (about 1 mile west of Camp Long). Students learn the challenges of life in the tide zone and adaptations animals use to survive. Get to know crabs, seastars, nudibranchs and how they live.

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Rock Glacier Rappelling year-round

Fee \$150/15 children

Come join us at Camp Long's rock glacier for some fun in learning basic rappelling skills. This program is taught on Camp Long's rock slabs (artificial glacier). Students will work closely with two climbing instructors to develop introductory technical skills of rappelling, climbing safety, safety equipment use, and knot tying. This will be a boost to self-confidence, responsibility, and trust. The program is two hours long and can accommodate a maximum of 15 students. If it's raining alternate programming provided.



Search for Spiders September-October

Discover fascinating, beautiful spiders in the fields and meadows of Camp Long. Learn spider science, how webs are constructed; and meet some arachnid relatives. In addition to **wild native spiders & pseudoscorpions**, students will get to meet our **live tarantula**.

Where Do They Go In Winter?

November-February

Learn about animal and plant adaptations for winter. Where do frogs and insects go? How do birds survive the cold? Find out what animals hibernate and who migrates. Then bundle up for an investigation of Camp Long's woods in winter. Become a nature detective, interpreting animal signs that tell the 'story' of their presence. Make prints or plaster casts of animal tracks to take back to the classroom.

Pre-School Programs

Day Care Groups & Pre-Schools

1 hour programs

Fee \$45/10 children

Animal Homes year round

Search for nests, holes and homes in forest and field. Discover what animals live at Camp Long and maybe even find a few at home in the woods.

Kids get to use giant magnifiers.

Creep with the Crawlies May-October

Spy out spiders, chase butterflies and hold beetles. Learn about the lives and habits of all kinds of "bugs" and discover they're not so creepy after all. Kids get to use nets.

Poking in the Pond April-October

Dip for salamanders, frogs and exciting water bugs! Learn what animals just live in the pond when they are kids, and who spends their whole life underwater. Wear boots.

Search for Spiders September-October

Discover fascinating, beautiful spiders in the fields and meadows of Camp Long. Learn how spiders differ from bugs and examine pretty webs. Then pet our **live tarantula**!



Calendar

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Sat, Sep 6	Get Out! Removing Invasives from Camp Longp15
Wed, Sep 10	Camp Long ELC Advisory Council Opportunity.....p15
Thu, Sep 11	FALL Tot Walksp13
Thu, Sep 11	Schmitz Park Secret Forest p18
Fri, Sep 12	BACKPACK OZETTE'S COASTAL LOOP - A Beach Safarip3
Sat, Sep 13	Draw Near to Nature.....p11
Sat, Sep 13	Monte Cristo Part I - Robe Valleyp3
Mon, Sep 15	Beginning Yoga and Nature Awareness for Seniorsp9
Fri, Sep 19	Dip into the Pond.....p9
Sat, Sep 20	Lincoln Parks Fall Display .p10
Thu, Sep 25	FALL Tot Walksp13
Thu, Sep 25	CL Lecture-Gary Stroutsos, flute player-Echos of Canyon deChellyp5
Thu, Sep 25	Stroll Around the Pondp8
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Sat, Oct 4	Bugs go to Schoolp10
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Sat, Oct 11	Monte Cristo Part II - Silverton & Ice Cavesp3
Thu, Oct 16	Discovering Native Waysp9
Thu, Oct 16	Stroll Through Fallp8
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Sat, Nov 1	Wrap It Up!p9
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Sat, Nov 15	Camp Long's Fall Booksale Fundraiserp5
Sat, Nov 15	Container Gardening with Native Plantsp11
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Thu, Nov 20	Sensory Stroll Through Fall .p8
Thu, Nov 20	CL Lecture-Clair Hagen-Dole, author The Butterfly Gardenerp5



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Policies and Procedures

Payment

We accept Visa, MasterCard and American Express. No cash please. Make checks and money orders out to each facility's advisory council. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. You may pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card.

Fees and Charges

Each Community Center's Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 years and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Scholarships

Scholarships are sometimes available for community center classes and programs. Contact the community center for further information.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Any person who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start, may receive a refund minus a service charge.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before it starts will receive no refund.

Please read the entire policy, available upon request, for specific information.

Wait Lists

We will create waiting lists for all filled classes. Be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact the facility for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, it will be cancelled. We will notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, it will be cancelled.

Ada Compliance

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 233-7061 or TDD 206-386-1921. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters and scheduling, please call our Public Information line, 206-684-4075 or email parksinfo@ci.seattle.wa.us. For more information about programs for senior adults, please call 206-684-4951, and about programs for special populations, please call 206-684-4950.



Mail-in Registration Form for Camp Long Programs

Mail your registration and check to **Camp Long, 5200 35th Ave. SW, Seattle, WA 98126.**

Please make checks payable to Camp Long Advisory Council.

Email your registration request and credit card information to camplong@seattle.gov

Call (206) 684-7434 for more information.



Please add me to your mailing list. ☐ Yes


Registrant Name/Address	Phone	Email address	Age	Program	Date	Fee

If a participant drops a program for which sh/he is registered prior to 2 weeks before the class date, \$1.00 or 10% (which ever is greater) will be retained. If a participant drops a program less than 2 weeks prior to the class date, no refund will be given. No refunds for partial participation in a class or program. Full refund for a class cancelled by Camp Long. For full refund; cabin, lodge and wedding cancellation must be made 3 weeks in advance.

Total Enclosed

Method of Payment: ☐ Check

☐ Visa 

☐ Mastercard 

Full name on the card _____ Expiration date: _____

Card number: _____ **Office use:** Receipt # _____



Camp Long Environmental Learning Center
5200 35th Ave. SW
Seattle WA 98126

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